



National Immunization Awareness Month: Vaccinations Can Keep Us Healthy

August is National Immunization Awareness Month. Every year thousands of adults in the U.S. suffer serious health problems, are hospitalized, and even die from diseases that could be prevented by vaccines.

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. Shots can prevent serious diseases like the flu. It's important to know which shots you need and when to get them. Older adults and those with chronic health conditions such as lung disease (asthma or COPD), heart disease, and diabetes are at higher risk of complications from pneumococcal bacteria, influenza, and other vaccine-preventable diseases.

Visit [Vaccines.gov](https://www.vaccines.gov) to find out which vaccines you may need at different times of life.